

Emotional and Mental Health Practitioner

Salary: £28,000 pa pro rata including OLW, depending on qualifications and experience.

Hours: Flexible. Full time 35 hours per week or part time up to 21 hours per week.

Benefits: 28 days annual leave per annum pro rata, plus bank holidays. 6% pension contribution and travel costs.

Location: The **wish centre** Harrow, with some work in schools and some digital and remote work

Closing Date: Tuesday 1 March 2022, 12:00

Interview Date: Thursday 10 March 2022

**The post is subject to an enhanced vetting and barring check and open to female applicants only (exempt under the Equality Act 2010 Schedule 9, Part 1).*

The Role

The **wish centre** is a local youth mental health charity with expertise in the prevention of and recovery from self harm. We are expanding our small team of psychotherapists and youth worker with the new role of Emotional and Mental Health Practitioner. You will offer a flexible range of short-term and longer-term mental health interventions to children and young people aged 11-25 including individual and group-based support; workshops; outreach support; mental health themed activities; facilitating peer support groups; advice and training.

If you are keen to develop your range of skills and knowledge and have the right blend of support, commitment and ability to connect with young people, this could be an incredibly rewarding opportunity for you.

Job Description

The Emotional and Mental Health Practitioner is a key role at the **wish centre**. You will be part of our targeted provision of support to young people, the majority of who will be girls and young women and FTM Trans young people ages 12-19. Many of the young people we see are self harming as a way of coping with adverse life events and come to us with a range of emotional and mental health needs including anxiety, trauma and depression.

Working closely with **wish centre** therapists, schools and partner agencies you will help to keep them safe from serious harm from themselves or others and to access the support they need to enhance their emotional and mental health and wellbeing, increase their personal resilience, and empower them to manage their own mental health.



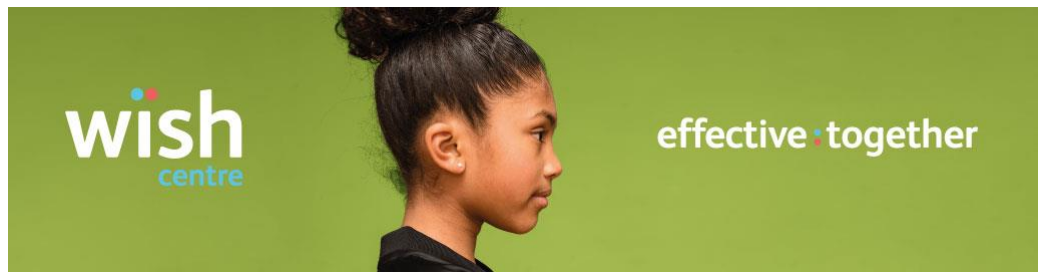
Your weekly positive activities include 1-6 Outreach and Mentoring sessions with young people referred; help them access psychotherapy or other programmes at the **wish centre** or signpost elsewhere; facilitate peer support groups; plan creative and arts based workshops, and sports and wellbeing sessions such as yoga.

PEER SUPPORT GROUPS

- You will co-facilitate Peer Support Groups including:
 - Outreaching to potential group members on the waitlist and new referrals
 - Safeguarding and risk management
 - Leading and planning group sessions, both in person and digitally when needed
 - Creative engagement with young people so that style and approach is adapted to meet the differing people and/or presenting issue
 - Acknowledging and understanding different cultural backgrounds and lived experiences and utilising that knowledge to deliver inclusive practice.
 - Empowering young people to have a voice in the service, as well as through their own Emotional Health & Wellbeing journey.
 - Monitoring group WhatsApp

SUPPORT

- Outreach and mentoring of young people identified by the **wish centre** or referrers such as schools or Children's Services and offer them 1-6 sessions and/or digital support, and signposting to services in the **wish centre** and elsewhere.
- Coordinate and run youth volunteer projects including Youth Voice, The Challenge; youth volunteering, youth fundraising, First Give and other initiatives.
- Acknowledge and understand different cultural backgrounds and lived experiences and utilising that knowledge to deliver inclusive practice
- Co-ordinate referrals to the Peer Support groups and Psychotherapy, record all activities on the **wish centre** case management system/database including sessions, meetings, phone calls etc.
- Identify, report and respond to any Safeguarding Concerns and meet weekly with the Frontline team to Risk Assess all young people using our services.
- Lead any filming, radio, media or funding projects or visits and engage the involvement of young people using our services where appropriate



ADVICE

- Provision of advice and guidance including collating and sharing up to date information, resources and best practice; running workshops or small group work in schools and helping to deliver training.
- Representing the **wish centre** when required at key partner agency meetings eg. Heads Up, MASE; Harrow Council partnership projects such as New Pathways and Harrow Black Lives Matter Group; Domestic and Sexual Violence Forum.
- Promoting and improving the secure website youth space area, and helping young people and workers use our resources and packages
- Providing case studies and testimonials for reports and funding requirements
- Generate content for our social media and youth voice campaigns

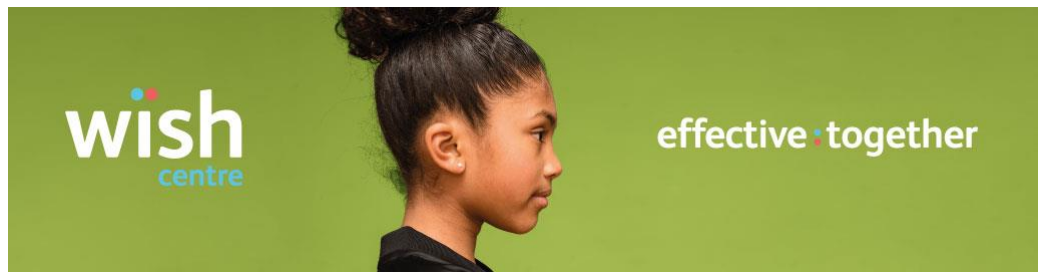
TRAINING

- Support the delivery of training and workshops
- Keep abreast of mental health concerns and ensuring that own continuous professional development takes emerging themes into account so that the benefit of this learning can be utilised in practice.

GENERAL

- Training on the issues as well as using our database (Salesforce) and **wish centre** Assessment and Review forms will be provided.
- Weekly safeguarding supervision and group supervision
- CPD training
- The role is mainly in person with some digital or remote work

| Person Specification | Essential or Desirable |
|--|------------------------|
| Understanding of youth mental health, such as anxiety, trauma, depression and self harm | E |
| Emotional and Mental Health Practitioner or similar with experience of working with young people on these or related issues in a direct support role | E |



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| Experience of planning and delivering emotional wellbeing group work for young people both in person and digitally | E |
| Skills and knowledge on how to support young people with wellbeing and mental health issues | D |
| A young person centred approach with an understanding of equality and diversity and the ability to challenge discrimination | D |
| Able to develop good support relationships with all clients - Practicing in a non-judgemental and anti-discriminatory manner | E |
| Able to demonstrate a knowledge of the issues that children, young people and young adults face when accessing mental health services. | E |
| Awareness of safeguarding, child protection, criminal justice | D |
| Able to manage caseloads and referrals and undertake administrative project work and risk assessments within scope of practice | D |
| Team work and collaboration with a variety of partners | E |
| Knowledgeable about how young people use social media and 'plugged in' to emerging youth sub-culture | D |
| Computer literate including word, excel, powerpoint, Zoom, Teams, able to navigate a data management system such as Salesforce (after training is provided) | D |
| Excellent verbal and written Communication skills, including telephone skills | E |
| Committed to the values of the wish centre and able to represent the organisation | E |